

# DIABETES

## ARE YOU AT RISK?



### **Centers for Disease Control and Prevention National Diabetes Prevention Program**

Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program is proven, possible and powerful!

Have you ever been told by a health professional that you:

- Are at risk for getting Type 2 diabetes?
- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Have gestational diabetes?

If you answered yes to any of these questions, you may be at risk for type 2 diabetes

**This CDC program can help you make a change for life!**

**MEETS: Monday Oct. 17th—Jan 30th 12noon—1pm**

**COST: \$99**

**BY: Donna Patch, MS RDN, LD \* Lynne Avery, BSN, RN and  
Jason Aziz, MS, CSCS**